

VOICE OF THE RESIDENTS

VOL. XXXI, No. 8

BROADMEAD, COCKEYSVILLE, MD.

April 2010

Editor's Note: The Blizzard of "Ought-Ten" is well passed and the daffodils are burgeoning, but we haven't yet forgotten our mountains of snow. Despite the advent of spring, we include this month a number of submissions that were inspired by the unusual winter but that didn't make it into our March issue.

SILVER LINING TO THE BIG SNOW

by Elborg Forster

Well, we lived through it! Some of us even enjoyed the pristine white of the abundant snow and the strange shapes it created as it lay on bushes and trees, the deep silence that enveloped the world, and the comfort of feeling well taken care of when our dinners were delivered to our doors.

Then the snow melted, and it became clear that many trees and bushes, especially the older ones, had been harmed by too much weight on their branches. Broken-off limbs were lying all over the Broadmead grounds. A distressing sight? Of course, except for the members of the Flower Committee, who came into large quantities of greens for the arrangements they make every week. Branches of white pine, aucuba, boxwood, photinia, azalea, and other trees and shrubs were delivered to the flower room by Frank Iber, who collected them as he walked his dog. The most exciting find was branches of a big old corkscrew willow tree (*salix tortuosa*) that littered the ground below. This tree, we learned, is not Harry Lauder's walking stick, but it does have twisted and curled branches that the Flower Ladies had always eyed longingly because they would make most interesting shapes for their arrangements. But they grew so high up that there was no way to get at them.

Now there is, in addition to abundant greens, a good supply of twisted and curled branches in the flower room. Some of them are kept dry, so that they will keep for future use, while others are put into water; and these are beginning to sprout tiny, delicate leaves that add a special touch of spring to the arrangements you can see in fourteen places in the Center.

Thanks for your help, snowstorm. And happy spring to all!

RECORDS BROKEN; SYSTEMS TESTED

By Anne Allen B. Dandy

That Friday's Writer's Group ended as the snow picked up its velocity. By Saturday eve the 76 inch accumulation had set a new record for the month of February.

The BETS system had proved its value. "Stay home and a meal will be delivered" was our much appreciated message.

That Friday wintery evening Walter's cough and cold had worsened. In less than half an hour after our call to OPD the cluster nurse appeared. "Hi, Dr. Dandy, how are you doing?" His hoarse choking voice answered, "Not well, that's why we called you." Donna wasted no time, called Dr. Carroll at home. Later that evening she returned with the aid of the "Pope Mobile" and presented us with the newly prescribed antibiotic.

Bernice braved the storm next a.m. Despite her sneezing she came to check on the patient. She smiled even as she knocked the snow off her boots. The walkways had not been shoveled except in small areas.

Laura made a follow up call on day four.

The nest day as we sipped our soup at lunch, a late news bulletin flashed across our TV. "Airplane has crashed into building in NW Austin, TX." We gasped because our daughter, Carol, lives with her family and teaches in that area. Suddenly our phone rang. "Hi, Mom and Dad. We are OK although we see and smell smoke." What a relief!

At this writing the temperature is in the 40's. We're starting to thaw. Here's to a warmer week and better health.

For more on the blizzard, see pages 3 and 4.

VOICE of the RESIDENTS

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Published September through June by
The Broadmead Residents Association
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Editor Emeritus, *Fran Beasley*
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Bob Fetter, Betsey Spragins, Jean McGregor,
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Circulation: *Fran Peterson, Lois Johnston,*
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IN MEMORIAM

Doug Warner
September 22, 1925 March 2, 2010

* All are invited to a *
* **VOLUNTEER** *
* **APPRECIATION** *
* **RECEPTION** *
*
* **Friday, April 23rd, 2:00 - 4:00 p.m.** *
* **In the Auditorium & Lounge** *
*
* Each year, Broadmead volunteers con- *
* tribute tens of thousands of service hours at *
* Broadmead and in the greater community. Na- *
* tional Volunteer Week (April 18th-24th, 2010) *
* provides us with an opportunity to show our *
* appreciation and to celebrate these dedicated *
* Volunteers and their inspiring work. *
* All residents, volunteers, and staff are *
* invited to enjoy fellowship, refreshments, and *
* the music of pianist Jonathan Jensen at Broad- *
* mead's annual Volunteer Appreciation Recep- *
* tion.. If you have any questions, please contact *
* Whitney Leber, at 410-527-1900 ext. 8030, or *
* email at: wleber@broadmead.org. *

IMPORTANT NOTE FROM YE EDITOR

Thanks to a failed computer and a fail-
ing memory it has been necessary to open a
new email account with a new address. So all
you contributors, please note: the new email
address of *The Voice* is

Broadmeadvoice@Broadmead.org.

We hope all contributors will make
good use of this. Email is by far the preferred
means of receiving submissions.



BROADMEAD WELCOMES

By Nancy Allchin

Ruby (Plank) Willson (Richard B.)

J-12 443- 330-5009 March 2010

Ruby moved into Broadmead soon after the big February snow storms, and recalled an earlier time in her life when the train taking her family to Fairbanks on a move from LA was snowed in for three days by an avalanche. Yes, that is Fairbanks, Alaska, where she grew up and met her (late) husband, who was stationed there in World War II. The couple moved back to Baltimore where Richard had grown up, and they raised three children – two daughters and a son; there are six grandchildren.



During her years in Fairbanks, Ruby was an executive secretary with the U.S. Bureau of Mines. Though she has left her gardening days behind, once she gets settled she would like to improve her skills in flower arranging.

MOVING AROUND BROADMEAD

	<u>From</u>	<u>To</u>
Frances Hale	Q-8	S-310

THE LEAF THAT WASN'T

By Sally Bloomer

How life changes for all living things with 39" of snow on the ground. There is much to enjoy in spite of the inconvenience, but, alas, some suffering to endure. Having grown up in snow country, whenever we have a western New York type winter covering I'm surprised to realize how much I have missed it over the years.

Three childhood memories stand out.

Our elementary school building did not open its doors until 8:30, even on the snowiest, coldest day. That was fine with the bullies who liked to hit people with snowballs. One morning I got one right in the solar plexus. As I gasped for breath, the waiting students, my friends, were highly amused! Imagine laughing at someone's pain! That hurt more than the snowball.

There were happy memories of belly whopping down a nearby hill and wondering whether I would make it to the bottom without falling off.

In high school many were the cold mornings I waited along the Avenue for the public transportation bus. Often on extremely cold mornings a friend's father would stop and give me a ride. What a relief! Except that meant I had to think of something to talk about. He no doubt felt the same way. A father to be proud of!

During this present snow siege, walking early in the morning, I suddenly saw a large bird resting in the middle of the cleared sidewalk between the high banks of snow. My feeders are about 50 yards from the walk. So the bird was no doubt enjoying the premium bird seed purchased from Irvine. As I approached, he flew along a few feet and rested. Again I approached cautiously; again he fluttered forward and stopped. Then I glimpsed a bird hanging from the marauder's mouth. The peregrine falcon at it again! I often see him perched on the peak of the roof of the center, choosing his victim at my feeder. The seed was of no interest to him.

On another early morning walk along the cleared sidewalk I noticed an object fluttering in a crack between the sections of concrete - one lone leaf fluttering in the breeze, no doubt. How odd! I poked it gently with my ski pole, whereupon the "leaf" turned over and, unable to fly, scampered down the walk. It did not allow me to catch up. What appeared to be a white-throated sparrow disappeared

around the next snow bank. I call that my non-leaf experience.

Yes, all living things suffered during the 39" snowfall. But the peregrine falcon, white-throated sparrow, and I, found the well-shoveled sidewalks a great convenience. Thank you, snow shovelers!

WHERE?

by Ruth S. Williams

Where will they put it?
Where will it go?
Where will they dump it,
All of this snow?

Monday I drove to the store
To buy a loaf of wheat bread.
Snow filled the whole parking lot.
I drove back home instead.

Tuesday I saw my dentist
And his hygienist Lou May.
The Beltway was clogged with snow.
I returned another way.

Wednesday I went out to lunch
At an Italian bistro.
They did not have any food.
Their truck was stuck in the snow.

Thursday I called on the Mayor,
And on the Governor too
And asked them this key question,
"What are you going to do?"

"We dumped snow in the Harbor,"
These esteemed persons said,
"But now the Harbor is full,
So we're going home to bed."

Friday I phoned the President
And asked him what he will do.
He called a Cabinet meeting
And discussed it through and through.

He took a vote on the matter
Of Baltimore's excess snow,
Then ordered out the Air Force
Which flew it to Mexico.

BAL TIMORE BLIZZARD

terza rima sonnet

By Lynn Buck

Let it snow, let it snow, oh yes!
Bombarded by horrendous storm of 2010
And as we shovel and scrape today, I guess

I'll take a break and seek solace in my pen.
We grieve bent and broken branches of trees
And still we must dig out again and again,

try to remove some snow before the big freeze.
I say to you, World, we've had enough!
No more snow nor wind, not even a breeze.

Some say we old geezers are tough
And sharp as icicles, but I'm not kidding when I say
these slippery sidewalks and roads are just too much!

To whom it may concern, no way, José.
Go away, snow, and don't come back another day.

TURKEY VULTURES

By Sibylle Ehrlich

Silently, ominously they sit.
Huddled into themselves into black ellipses.
Hunched in the elbows of gray trees.

Suddenly a silent pistol shot.
And they soar into the sky
Gliding on invisible currents.

Their carefully choreographed dance
Disintegrates into kaleidoscopic forms.

The winter sun, low on the horizon,
Sends its last rays upwards
To paint their wings a golden hue
Before they swoop down to perform
their ordained task.

EXHAUSTED

By Carolyn Underwood

The blizzard's whiteness
delivered over many days
of slogging, digging out our cars
is mostly gone.

In early March now
the white mountains only half their size
and gray with the air we make
from our exhausts.

As the spring-warmed air
creeps in upon us,
is it the pollen of spring that makes
such hard work of breathing
or is it exhausts that exhaust us?

BIRD & NATURE GROUP

Friday, April 23, 1 :30 p.m.
Stony Run Board Room (New meeting place)
Everyone welcome

MAGNANIMITY!

Malcolm Sherman's family have made
a very generous donation to the BRA to estab-
lish a series of concerts in his memory. The
Sherman Concert Fund has been established
for this purpose.

Others have asked about also making
similar donations designated for general musi-
cal support or to be used as the donor wishes.
This can be done with a donation to BRA,
specified for this purpose; it is tax-deductible.

HAITIAN HISTORY: SLAVERY, REBELLION, OSTRACISM, CHAOS AND HOPE

By Robert Forster

Haiti's revolutionary legacy, together with personal recollections of living among Haitian peasants, highlighted a well-received March Open Forum presentation by Hopkins Professor Emeritus Sidney Mintz.

Dividing his presentation into two parts, Dr. Mintz initially talked of the Haitian Revolution, the first successful slave rebellion in Western history, and its aftermath, when vital public services remained undeveloped and the government, such as it was, fell into the hands of a parasitic elite.

When Haitian slaves defeated the armies of Napoleon in a 13-year struggle that ended in 1804, its liberation was not treated with enthusiasm by Caribbean and South American colonial powers who feared slave uprisings in their territories, nor even by those who supported our own revolution, he explained. Instead, Haiti was ostracized, indeed demonized as a pariah state. It was ignored. No one invested in the island, and the French demanded and received an enormous indemnity for their losses in property and slaves.

This ostracism has affected our image of Haiti even in our time, Dr. Mintz said. An anthropologist, he is the author of numerous books and articles on Caribbean culture, slavery and the plantation system. He has done extensive fieldwork in Puerto Rico and Jamaica as well as Haiti.

Education, transportation, irrigation and forestation remained undeveloped. And the breakup of the sugar estates, though an understandable symbol for the end of slavery, led to division of the land into smaller and smaller and less workable parcels from generation to generation. For a time, Haiti was a viable peasant republic but by 1860 it had become clear that the plots were too small to sustain rural families, much less supply enough food for the growing urban centers. Without infusions of private capital and a vigorous public sector to provide an economic infrastructure, the Haitian people were condemned to political instability and chronic poverty, he said.

Recalling his 1950's field work in Haiti, Dr. Mintz told of his attraction to the Haitian peasants who treated him with touching hospitality despite their meager subsistence. Speaking Creole, he engaged the market women in conversation about their business practices as he walked with them as they carried their produce to market (on their heads).

Being a good anthropologist he was able to dissipate their suspicion of a white foreigner probing their lives and commercial customs, so different from the rules and theories of Chicago economics texts. Styles of bargaining between buyer and seller reflected verbal maneuvering by both parties. Dr. Mintz's day-to-day life in rural Haiti demonstrated what it takes to grasp the texture of another culture. How different from talking to a Haitian official in Port-au-Prince through an interpreter.

The question period was lively. The audience was especially interested in the obstacles to Haitian economic growth and social stability. Questions also touched on race, religion, education, political corruption, natural resources and relations with the neighboring Dominican Republic. Haiti is a tragic example of a society plagued by a multiplicity of interlocking problems that have been festering for two centuries. The recent earthquake is but one more problem: the perpetual threat of nature in the Caribbean.

Asked about contributing to disaster relief Dr. Mintz suggested Partners in Health, P.O. Box 845578, Boston MA 02284-5578, an organization headed by Paul Farmer MD, also an anthropologist and deputy to Bill Clinton in the recent crisis. Mintz also praised the efforts of the American Friends Service Committee.

GRATITUDE FROM NaCCRA

The January/February newsletter of the National Continuing Care Residents Association, the NaCCRA *Lifeline*, included a "remembrance with deep gratitude (for) the life and work of Dr. Robert Sparks, NaCCRA's first president," who died here at Broadmead January 11 at age 94.

In addition to his role in locating and establishing Broadmead, he "also provided critical leadership in the establishment of MaCCRA (Maryland Continuing Care Residents' Association) and NaC-CRA, serving as an outstanding advocate for residents' rights," it said.

BOOKS NEW TO BROADMEAD LIBRARY: PHILOSOPHY, RELIGION, HISTORY, SOCIOLOGY, POLITICAL SCIENCE, AND MORE

Here are some new-to-Broadmead nonfiction books whose call numbers begin with letters from A to N. These complete the alphabet of call numbers which we began in the previous issue with P through Z. Call numbers, which are a feature of nonfiction books, give the Library of Congress classifications of books' topics.

Bacon's *Mothers of Feminism* is an example from the B category, which includes philosophy, psychology, and religion. Another is Matthewes-Green's *At the corner of east and now*. (See the listings below for the subtitles of all the books mentioned here, which are often more explanatory than the titles.)

Among the many history books, indicated by call numbers beginning with D, E, or F, are Meacham's *Franklin* and Winston, *Tuchman's The march of folly*, Gavron's *Holy land mosaic*, and Hadawi's *Bitter harvest*. Other social sciences are designated by the classifications G, H, and J. Several of these are on aging, from different points of view: Cole's *The journey of life*, Friedan's *The fountain of age*, and Terkel's *Coming of age*.

We hope you will find a book that you'll enjoy reading among these recent acquisitions. They are listed below in alphabetical order by the (first) author's last name, and are shelved in the Main Library by call number. Call numbers beginning with REF are shelved in the Reference section in the Lower Level Seminar Room. See also the "new books" display in the Main Library: it is atop the bookcase facing the entry.

are alphabetized as beginning with "Mac." (There is an explanation of this on the desk in the main library.)

-
- Allen, Roger. *Winnie-the-Pooh on problem solving: in which Pooh, Piglet, and friends explore how to solve problems, so you can too*. 1995. HD80.29.A42
- Ash, John. *A Byzantine journey*. 1995. DS155.A81
- Bacon, Margaret. *Mothers of feminism: the story of Quaker women in America*. 1986. BX7748.W87b
- Bergen, Peter. *Holy war, Inc.: inside the secret world of Osama bin Laden*. 2001. HV6430.B55b
- Boorstin, Daniel. *The Americans, the democratic experience*. 1973. E162.B72
- Boorstin, Daniel. *The Daniel J. Boorstin reader*. 1995. E169.1.B72
- Branch, Taylor. *Parting the waters: America in the King years, 1954-63*. 1988. E185.61.B81
- Carter, Stephen. *Civility: manners, morals, and the etiquette of democracy*. 1998. JC336.C32
- Clinton, Hillary. *It takes a village: and other lessons children teach us*. 1996. HQ792.U5c
- Cole, Thomas. *The journey of life: a cultural history of aging in America*. 1993. HQ.1064.C68
- Darden, Christopher. *In contempt*. 1996. KF224.S485d
- Davis, David. *Slavery and human progress*. 1984. HT861.D26
- Dinesen, Isak. *Out of Africa*. 1952. DT434.D58
- Fraser, Antonia. *The weaker vessel*. 1984. HQ1593.F84
- Friedan, Betty. *The feminine mystique*. 1997. HQ1426.F89
- Friedan, Betty. *The fountain of age*. 1993. HQ1064.F89
- Fukuyama, Francis. *America at the crossroads: democracy, power, and the neoconservative legacy*. 2006. JZ1480.F95
- Garraty, John (ed.). *Quarrels that have shaped the constitution*. 1964. KF8742.G23
- Gavron, Daniel. *Holy land mosaic: stories of cooperation and coexistence between Israelis and Palestinians*. 2008. DS113.6.G28
- Great cases of Scotland Yard*. 1978. HV6947.G78
- Hadawi, Sami. *Bitter harvest: a modern history of Palestine*. 1991. DS119.7.H12

Note about seeming anomalies in this list:

1. The author is not omitted by accident for the book *Great Cases of Scotland Yard*; this book is not officially credited with an author and is alphabetized by its title in author lists.
2. The two "Mc"-authored books are in correct library-style alphabetical order; all "Mc"-type names

- Hayakawa, S.I. *Symbol, status, and personality*. 1963. B820.H41
- Heymann, C.D. *The Georgetown ladies' social club: power, passion, and politics in the nation's capital*. 2003. HQ1236.5.U6h
- Horne, Alistair. *La belle France: a short history*. DC38.H81
- Humphreys, Christmas. *A popular dictionary of Buddhism*. 1984. REF AS.R3h
- Jones, Rufus. *The new quest*. 1929. BR125.J79
- Kraybill, Donald. *The riddle of Amish culture*. 1989. E184.M45k
- Kristof, Nicholas. *China wakes: the struggle for the soul of a rising power*. 1994. HC427.92.K92
- Kushner, Harold. *When bad things happen to good people*. 1981. BM645.K97
- Lasky, Victor. *It didn't start with Watergate*. 1977. JK2249.L34
- McCullough, David. *The path between the seas: the creation of the Panama Canal, 1870-1914*. 1977. F1569.C2m
- McManis, Kent. *A guide to Navajo weavings*. 1997. E99.N3m
- Matthewes-Green, Frederica. *At the corner of east and now: a modern life in ancient Christian Orthodoxy*. 2000. BX382.M43
- Meacham, Jon. *Franklin and Winston: an intimate portrait of an epic friendship*. 2003. D753.M48
- Rips, Michael. *Pasquale's nose*. 2001. DG975.S96r
- Rodee, Marian E. *Old Navajo rugs: their development from 1900 to 1940*. 1981. E99.N3r
- Rushmore, Jane. *Testimonies and practice of the Society of Friends*. 1959. BX7752.R95
- Schonberg, Harold. *Facing the music*. 1981. ML60.S37
- Sheads, Scott. *Guardian of the Star-Spangled Banner: Lt. Colonel George Armistead and the Fort McHenry flag*. 1999. E353.1.S53
- Sheean, Vincent. *Lead, kindly light*. 1949. DS481.G19s
- Stringer, Chris. *African exodus: the origins of modern humanity*. 1996. GN281.S91
- Terkel, Studs. *Coming of age: the story of our century by those who've lived it*. 1995. HQ1064.T31
- Tuchman, Barbara. *The march of folly: from Troy to Vietnam*. 1984. D210.T88

A NOTE FROM BROADMEAD LIBRARY

We would like to remind borrowers that library notations on or inside the books in our collection are made according to certain guidelines; please don't write on the spine of the book or on the book's card pocket. If you think something should be changed or added, please write a note to the librarian, telling the book title and author and what you think should be changed. Thank you for your concern. Thanks also to donors for the books and magazines that you have passed on to the Library!

ADVENTURES IN LEARNING

By Margaret Proctor

The spring presentation of Adventures in Learning will be a departure from our usual structure. The Baltimore School for the Arts is nationally acclaimed for its work both academically and in the arts, and we will spend a day at the school, learning how it operates. (Lunch plans will be announced at a later date.)

Two sign-up sheets will be posted: one for each tour. There will be some walking involved in the school tour.

WEDNESDAY, APRIL 21

OVERVIEW

10:30 a.m., Auditorium

Nancy Warren, special projects director at the School for the Arts, will give an overview of the history, mission and curriculum of the school - one of the top public art schools in the country. We will learn about this professional training ground for visual artists, dancers, musicians, actors and theater technicians.

WEDNESDAY, APRIL 28

TOUR OF THE SCHOOL

Depart lower level 9:30 a.m.

The tour will begin in the Segal-Zamoiski Gallery with the spring exhibition of the visual arts students. Then we'll go to various classes to see dancers, musicians, artists and actors in training. We will be able to chat with some of the participants.

SUNDAY, MAY 9

SPRING DANCE PERFORMANCE

Depart: lower level 1 p.m.

Held in the Schaefer ballroom, it will include excerpts from Stravinsky's ballet "Pulcinella" and jazz dances in the style of Bob Fosse.

"EAT FOOD, NOT TOO MUCH, MOSTLY PLANTS"

By Marcia Reinke

When you're in your 70s, 80s and 90s, does it matter any more what you eat?

"Yes," said Robin Spence, Broadmead's March 5 Open Forum speaker. "I want to feel the best I can so long as I'm feeling," she said. And whether one is trying to avoid or delay or reduce the symptoms of big problems like dementia, heart disease, stroke, diabetes or cancer; or annoyances like constipation and acid reflux; or maybe even depression and arthritis....food plays a role.

Spence, who holds a Masters Degree in Community Nutrition from Virginia Tech as well as RD and LDN degrees, has worked at Baltimore's Union Memorial Hospital for 21 years, as an inpatient dietitian, in outpatient nutrition counseling, in cardiac rehabilitation, in the Diabetes and Endocrine Center and in the hospital's Comprehensive Weight Management and Bariatric Surgery programs. She also consulted with the *Baltimore Sun* for a year of "Meal Makeovers" in 2006-2007.

Noting that she watched her "always skinny mother grow into a not skinny woman" when she entered a Broadmead-like retirement home; and that her father was afflicted with Alzheimer's disease, Spence said as a dietitian she knew what she ought to eat, but that family history gave her a "compelling reason" to examine what she puts on her plate.

Citing books by Michael Pollan, *The Omnivore's Dilemma* and *Food Rules*, and by David Kessler, *The End of Overeating*, she said some diets and some approaches to food are either too simplistic, too complicated or "too much trouble", but that she especially liked the little phrase in Pollan's first paper, "Eat food, not too much, mostly plants." Kessler's book, she explained, explores the biochemical and neurochemical ways we are attracted to foods that are salty, particularly salty-fatty, and sweet, especially sweet-fatty. These foods are everywhere. We live in a toxic food environment. Citing statistics, she said only 15% of us don't care much about food and pick at it, saying it has no taste. The rest of us have a problem, she said.

Turning first to heart health and brain health, she said the same foods are important for both. "It's all about circulation," she said. "We want a blood flow to the brain, so we want lots of fruits and vegetables for the anti-oxidants, vitamins A and C, whole grains for the B vitamins and low saturated fats. Although there may shortly be a "glacial change" in recommendations on saturated fats, she is sticking to the evidence-based findings, to maintain a diet low in saturated fat, red meat, butter fat and bakery items that are made with butter fat.

She said a B-12 deficiency can be a problem as we age, and sometimes can be the cause of a

"reversible dementia." Because B-12 is found in animal products, and needs an acid environment, supplements may be in order to get enough, especially for total vegetarians and those who take acid-suppressors. Folic acid is another common deficiency which affects brain health. It is found in green, leafy vegetables, fortified grain products and orange juice.

Spence also recommended fish pill supplements for their Omega 3 fatty acids, especially for those who don't eat enough fish. She feels warnings about mercury and other contaminants in fish are misplaced.

A major portion of her talk concerned high blood pressure and salt. She said until recently food processors had no incentive to lower the sodium content of their products, but now New York City and other localities are legislating against sodium. She said increasing one's potassium intake can partially offset the salt and help lower blood pressure. She said green leafy vegetables, potatoes, sweet potatoes, squash, nuts, cantaloupe and lima beans are especially good.

On cholesterol, she said one should reduce intake of saturated and trans fats, substituting instead fish fats, nuts, avocados, canola and olive oils. Spence also stressed:

Fiber: for both bowel health and lowering cholesterol. Especially good are oatmeal, barley, beans, Brussels sprouts, green leafy vegetables, okra and Metamucil.

Calcium: to fight osteoporosis which she warned afflicts men as well as women. Those over 60 need some 1200 mg a day, not all at the same meal.

Vitamin D: This can't be obtained easily except with supplements because of the angle of Baltimore's sun and the use of sunscreen.

The importance of examining lab reports: Referring especially to diabetics as well as those with cholesterol problems, she said one should watch the numbers to determine a trend. Diabetics especially should watch what they eat, should eat at regular intervals, and regularly check their glucose to avoid the devastating complications of damaged blood vessels, blindness, kidney failure and losing toes. Not fun, she said

Exercise: Throughout her talk Spence stressed the importance of exercise, without which one loses the strength and the ability to get around. And although specific foods seem to have no effect on arthritis, reduction in weight can reduce symptoms and pain. "You want to be moving. If you are on a walker, use that walker," she said.

Spence also said it's important to eat in a happy situation. "You have a wonderful communal way of eating here with your dining rooms," she said. Noting that her mother too often "squirreled away her food to eat in her unit," she said "eating is an important social part of our lives. If we are happier and have more reflective meals, we will automatically eat better," she said.

(See page 14.)

A CASE FOR WHOLE FOODS

(One in a series of articles sponsored by the BRA Food Committee to raise awareness of how food choices and cultivation techniques affect our health. This article is abstracted from Michael Pollan's books, *In Defense of Foods and Food Rules*.)

By Jerry Franklin Green

Those of us living in the Western societies have grown to accept familiar diseases, such as heart disease, diabetes and obesity, as part of life. Yet for those humans who still live in their native habitat and eat the way their ancestors did, there is little or no heart disease, diabetes, cancer, obesity, hypertension, stroke and no tooth decay, varicose veins, ulcers or hemorrhoids.

When individuals living in such remote places come to the West and adopt the Western diet they succumb to the same diseases that Westerners do. The remarkable thing is, when they return to their native environments and resume their native diets, their health dramatically improves.

The common diets we eat in the West, especially in the United States, consist of an overabundance of processed foods, with too many added fats and sugars, too many chemicals added to preserve shelf life, too many refined grains and not enough fresh vegetables, fruits and whole grains.

The link between this diet and our modern diseases is undisputed but what do we do about it? The modern approach has been to try to correct the deficiencies in the Western diet by identifying specific compounds which can be linked to different conditions or diseases. This approach to date has not been too helpful and leads to confusion on the part of the public as ideas change (i.e., do we eat reduced amounts of fats or carbohydrates?).

While we can listen to scientists and perhaps find some useful ideas, we should take most of our nutritional advice from our ancestors who survived quite well on traditional diets of whole foods. In short, we should eat whole foods grown organically - the way they have been for centuries, - seasoned with natural spices and herbs, and reject all industrially prepared commercial foods, the so-called "convenience". or value-added foods.

When you think about it, it takes a lot of audacity to assume we humans can, with knowledge achieved over just the last few decades, improve on millions of years of nature. After all, within a single leaf, there are probably thousands of chemical compounds and interactions which we do not yet understand. So until science really uncovers all the mira-

cles of natural nutrition we should eat only whole foods and use some simple rules to select our foods, such as **"if the food contains chemicals whose names an eight- year- old cannot pronounce, don't eat it"** or **"if your grandmother would not know what you are attempting to eat, don't eat it"**. **Read labels and if you don't see a label ask what is in the food and if it is not a pure whole food, don't eat it.**

MICHAEL POLLAN AT GOUCHER

Best selling author Michael Pollan, whose work is cited in two *Voice* articles here, will appear in the Kraushaar Auditorium at Goucher College, Tuesday, April 13, at 8 p.m. His lecture, "In Defense of Food: The Omnivore's Solution", is free and open to the public but tickets must be reserved in advance by calling the Goucher box office at 410-337-6333 or by e-mailing boxoffice@goucher.edu. . .

OPEN FORUM PROGRAMS

By Sonia Blumenthal

Auditorium, 7 p.m.

Thursday, April 1

Topic: ***New Neighborhoods,
New Homes, New Schools -
the Baltimore Mobility Project***

**Attorney Barbara Samuels
American Civil Liberties Union**

Friday, April 16

Topic: ***The Bioethics of Rationing
Health Care***

**Professor John M. Freeman, M.D.
Johns Hopkins University Medical School
and Phoebe Berman Bioethics Institute**

MEN HEAR FROM PAUL OLSON

By Ted Wilson

On Saturday, March 6, the men of Broadmead heard about Paul Olson's life before he and his wife Phyllis came to our community.

Paul was born in Rockford, Illinois, a city about 80 miles north and west of Chicago. It was a community with a large Swedish population and Swedish was spoken in his home, though schooling was in English.

Early in his life he developed a fascination with languages and took Spanish in high school because his older brother was doing so in college. An injury he had at age three prevented his participation in sports, but he excelled academically and entered the University of Illinois, majoring in Spanish but also studying Italian, French and Portuguese. He graduated in 1948 and began graduate studies, earning an MA in Italian in 1950.

He then was awarded a grant to study in Pisa, Italy, where he became fluent in Italian and traveled widely with the aid of a book entitled *Europe on Five Dollars a Day*.

On returning home he looked for a job in Chicago that needed language skills and found one with the Acme Steelstrap Band Company, which did a lot of business in Latin America. After working with this company for several months, his greatest personal achievement was getting married to Phyllis.

He then entered the Ph.D. program in Romance Languages at Harvard and, after two years, was contacted by Dartmouth to accept a position as Instructor in Spanish. It was there that he completed his requirements for a Ph.D. which was awarded in 1959.

An article he submitted to a journal of modern language studies led to its publication by Johns Hopkins University and an invitation to come to Baltimore for a job interview. He was accepted and started a 30-year career, beginning as an Assistant Professor and rising to fully-tenured Professor and Chairman of the Department of Romance Languages.

During these years he traveled a great deal, attending conferences, delivering lectures, doing research and publishing papers. His trips took him to Mexico, Spain, and the United Kingdom as well as many American Universities.

An interesting avocation was learning to play

the tenor viola da gamba, tutored by his wife, and for years he played with a group of friends on a weekly basis. As his eyesight began to diminish, he had to give up this pleasant pastime.

He and his wife have a summer place in Walpole, N.H. where they can escape the heat of Baltimore.

JERRY GREEN SPEAKS AT MEN'S SOCIAL HOUR

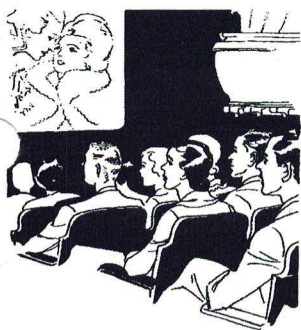
By Ted Wilson

Jerry Green was the featured speaker at the men's gathering Saturday, February 20. His boyhood years were here in Baltimore. His Peabody-trained mother encouraged his study of the piano at an early age, setting the stage for his continuing love of music. He attended Rollins College in Florida, majoring in biology and psychology and taking an active part in community services.

Thinking he might be interested in a medical career, he spent time in New York and Baltimore hospitals, witnessing the development of early heart-lung machines, and learning how laboratory research could be applied to clinical care. He then took graduate studies at Johns Hopkins, earning a degree in physiology.

With his doctorate in hand, he joined the faculty of the University of California at Davis, where he taught physiology to medical students, instructed in the animal surgical laboratories, and conducted research into the details of pulmonary function with particular emphasis on regulatory mechanisms governing the exchange of blood gasses. His findings were of great significance and were published in scientific journals.

Being in a university environment, he was required to serve on a variety of committees, including finance, faculty selection and cultural. After 30 years at the university, and achieving the rank of full Professor of Physiology, Jerry retired and returned to Baltimore where he made the right choice by coming to Broadmead where he has quickly integrated himself into the life of the community and can indulge in his love of music and community service.



BROADMEAD MOVIES

In the Auditorium at 7 p.m.
Tuesday movies selected by
Sita Smith and Ruth Williams
Saturday movie selected by
Jeanne Stephenson

Tuesday, April 6

THE PROPOSAL

A romantic comedy starring Sandra Bullock and Ryan Reynolds. When she learns that she's in danger of losing her visa status and being deported back to her native Canada, overbearing book editor Margaret Tate forces her put-upon assistant Andrew Paxton to marry her.

2009

PG13

108 minutes

Tuesday, April 13

MAYERLING

A romantic drama set in 19th century Austria and based on true events. Crown Prince Rudolph, rebelling against his overbearing father, Emperor Franz Joseph, begins a passionate tryst with young Baroness Marie Vetsera. When the emperor forbids the affair, the lovers form a suicide pact. The stars are Charles Boyer and Danielle Darrieux. French and English subtitles.

1936

NR

91 minutes

Sat., April 17 I KNOW WHERE I'M GOING

Wendy Hiller, Robert Livesay and Petula Clark. Hiller stars as a stubborn young woman who's determined to marry for money. Her plans go wonderfully awry when, marooned on a Scottish isle, she meets a handsome young naval officer.

1947

NR

91 minutes

Tuesday, April 20

BRIGHT STAR

Dramatic story detailing the passionate three-year romance between 19th century Romantic poet John Keats who died tragically at age 25 and his great love and muse Fanny Browne. Much of the story was inspired by Keats' poetry and the actual love letters the pair exchanged. Ben Whishaw plays Keats, and Abbie Cornish is Fanny.

009

PG 12+

119 minutes

Tuesday April 27

EARTH

Fueled by dazzling high definition photography and stunning locations around the world, this nature program captures three animal families in action over the course of a year, revealing how the sun influences animal behavior and migratory patterns. Oscar nominee James Earl Jones provides a compelling narrative, as polar bears march across the ice, elephants enjoy a swim and whales breach the surface of the ocean.

2007

G

90 minutes

SATURDAY NIGHT PROGRAMS

By Sue Schlenger
At 7 p.m. in the Auditorium

April 3: Joseph Sterne. The role of
Baltimore Sunpapers WWII Correspondents.
His book recounts their reporting

April 10: Dr. Orest Ranum.
Hopkins Professor Emeritus
"What Is It to be English?" The love of countryside and
nature are covered.
(Rescheduled from December snows)

April 24: John Butler
Photographer and traveler
"Eye on Cape May," views of Victorian Houses
and History of the Resort.
(Rescheduled from January snows)

OPERA VIDEO

FRIDAY, APRIL 30, 7 p.m.,
AUDITORIUM,
CAVALLERIA RUSTICANA,
OPERA BY PIETRO MASCAGNI;
METROPOLITAN OPERA.

LET'S DANCE



By Ted Wilson
Monday, April 12,
7 p.m. in the auditorium.
All are welcome.

EMPLOYEES HAVE SPIRIT

By Jessica Plowman

Broadmead staff have a Spirit Committee that plans employee events. This past December, the Spirit Committee participated in an 'Adopt A Family Program' that was a huge success. Employees sponsored a family, who left Emergency Shelter and Transitional Housing, by purchasing gifts the family requested for the holiday season. The family adopted was mom, Shaleen and her two sons, Tony (age 4) and Tyandre (age 3).

A poster was put in the employee hallway with a list of gifts that the family requested. Each gift on their list was tied to ribbon on the poster. Employees could choose whether or not they wanted to participate by taking a ribbon off the poster with the gift on it. The employees showed their compassion and brought in 14 gifts for Shaleen, 17 gifts for Tony, 17 gifts for Tyandre and a \$60 gift card to Target. This is amazing considering the family was hoping for 3-4 items each!

LETTER TO THE EDITOR

To The Voice:

Over the past eight months, while my husband, Doug Warner, was losing his faculties because of his illness, Primary Progressive Aphasia, I spent a part of almost every day on East Hallowell.

I came to respect the incredible care the staff gave to Doug, as well as the other patients. During his last sad days they especially made him comfortable and watched over him with great kindness.

I can understand it is not easy work looking after those who have grown too infirm to look after themselves. The staff never wavered in their warmth and friendship. They made a difficult situation become bearable.

Broadmead is fortunate to have our East Hallowell personnel – the nurses, aides, support staff, social workers, kitchen crew, cleaners, volunteers – each and every one.

Nancy Warner

VESPERS

By Randell McKechnie

Sunday, April 18, 4:30 p.m. in the Main Lounge
The Rev. Dr. Lindley G. DeGarmo
Towson Presbyterian Church
Towson, MD

WEDNESDAY WORSHIP AT BROADMEAD

1st Wednesday every month at 10:30 a.m.

EPISCOPAL COMMUNION

Taylor East lounge – 3rd floor
Sponsored by Sherwood Episcopal Church
York Road, Cockeysville.

2nd Wednesday every month at 10:00 a.m.

CATHOLIC MASS

Taylor East lounge – 3rd floor
Sponsored by the Catholic Community of
St. Francis Xavier, Cuba Road, Hunt Valley.

3rd Wednesday every month at 10:30 a.m.

PRESBYTERIAN COMMUNION

Stony Run Activities Room, 3rd floor
Sponsored by Ashland Presbyterian Church.

FRIENDS MEETING FOR WORSHIP

Sundays at 11:00 a.m.
Stony Run Board Room

HITHER, THITHER AND YAWN,

By Foxy Georgia

In spite of the February Fury, we found ourselves singing "love and marriage, love and marriage" la- la- la-, thanks to the happy wedding of Jane Brown and John Michener...this is a very special occasion with two very special people and we all witnessed it with great delight...not going to try to tell you who was there, the answer is *tout le monde*...and a few others too.

Gotta tell you the blushing bride wore a beautiful floor length dress and the beaming groom, handsomer than ever, sported the largest boutonniere imaginable ...we all wore our best whatever, and a grand time was truly had by all.....

With all the snow, must tell you we were so well taken care we hardly noticed it.. the food and maintenance groups fed us and dug us out and we are so grateful to them, for their care and cheerful attention...

So we had a lot of time to read the book of the month that Fran Alden and her book group picked out for us, and the bookmobile delivered the copies just in time.. Ginny Cooley, Anne Allen Dandy, Sybille Ehrlich and Betsy Schrauder were there grabbing their copies...

The sound of playing cards being shuffled was heard through-out the land. Betsy Spragins, Vera Carnes and buddies counting their tricks in activities room and the Thursday night scrabble gaggle met.. Nancy Schaefer, Steve Simon, Betty Mohr, Sally Bloomer. The 2 Ruths - Bronstein, and Williams and that long distance walker in the snow, Margaret Proctor at Sunday music feast in Hallowell-East and tapping, and keeping time. It was great to see the Roystons, Nellie and Bosley, George Erlbeck and Georgia (not me), Ellie Hobelmann, Theo Easter, Carolyn Donkervoet, Dorothy Barr, Eleanor Childs, Bob Dye, June Herrman, looking spiffy with her bright red socks, perky Mims Howe, Ann Allen.. a sure 'nuff hoe-down

Dottie Krug and the Adventures in Learning committee of Barbara Vosburgh and Ellen Williams finished the last of the exciting and stimulating lectures by Jerry Downs, called "Poetry for Dummies", to a full house, including our own Madam DeFarge; Betsy Griffin, Mary Frances Wagley, Sita Smith, Lyman Anderson, Marcia Reinke, Nancy Boyce, Julie Waxter, Adele Free., Anne Leavitt...

A treat to see and hear all about the Indians , as told to us by Wes Herrmann...Got us all wanting to find our own arrow heads...Wes has dug in the neighboring counties and had an intriguing collection to share with us.. Needless to say proud dad Bob Herrmann was in the front row...also saw Kitty Anne Cover, Ruth Williams, Sue Schlenger and of course good pal and friend, wife Betsey Herrmann.....

Can't believe barn sale time is over /again.. Donna Smith, and her sidekick, Anne Minkowski, and Marjorie Scott rallied the troops to plan and plot .. Ben Villalobos and John Robbins, heavy duty workers, balanced out the rest of the gals, who included Magda Reissig, Dosia Laeyendecker (spelled right Angus?), Fran Beasley, Sally Bloomer, Nancy Allchin, Bobbie Siebens, Lois Sexton, Barbara Smith, Margaret Proctor, Bonnie Cox, Natalie Bel-lows... Know some of these hardy workers have not been named, but you know what memory does when you pass 26.. So please to forgive... Your names will be inscribed on the golden door to the Barn Sale Room, with full dress (barn sale boutique) honors..

Can't sign off without a large thank-you to the art students at Hereford High. Their art exhibition, - pastels, oils, photos and other media - is utterly amazing.. Such talent; such creativity....such interesting and diverse subject matter (Not a horse anywhere!) We enjoyed tremendously and often revisited the exhibition to add to our pleasure. Thank you, thank you!

And to continue on the art kick.. carving decoys is certainly an art form and a typical eastern shore craft... The glass case committee presented a very representative group, with additional relics of by-gone geographical times.

Guess this is all you have time to read, if you have done so....Out of pity, we'll sign off.. Needless to say , so let's say it any way....nuff said....

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SEE PAGE 8

Second From the right in the picture above is Robin Spence, advocate of healthy eating, who spoke to us on that subject on March 5th. Others in the picture are, standing, from left to right, Bill and Marcia Reinke, our Broadmead Dietician Stacy Young, our Medical director, Dr. Barbara Carroll, (Ms. Spence) and Dr. Keith West, who recommended Ms. Spence for the speaking assignment. Seated are Broadmeaders Sue and Tim Baker. The Bakers, Bill Reinke, Dr. West, and his wife, Dr. Marie Diener-West (who took the picture) are all professors at the Johns Hopkins Bloomberg School of Public Health.

Broadmead

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